



PT SCHEDULE



JUN 2004

REMEDIAL PT WILL BE THREE DAYS A WEEK. PT WILL START AT 0600.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	CO
	1 ACT: SPRINTS CARD/RESP DUR: 40-60 MIN	2	3 ACT: SCR/OBR INT: CARDIO/RESP DUR: 50-60 MIN	4 AGR: ABILITY GROUP FUN: FAST CONTINUOUS SCR: SLOW CONTINUOUS SGR: SM GRP RUN OBR: OFF BASE	
ACT: 10/SU PYRAMID INT: CARDIO/RESP/ME	7 11 ACT: SPRINTS INT: CARD/RESP DUR: 40-60 MIN	8	9	ACADEMIC TEST NO PT	RUN ACT - ACTIVITY INT - INTENT DUR - DURATION
STUDY PERIOD NO PT	14	15 STUDY PERIOD NO PT	16	STUDY PERIOD NO PT	1 TMF - TEMPORARY MUSCLE FAILURE HARDY: 2 HEART RATE different AGR
KERKESNER FTX NO PT	21	22 KERKESNER FTX NO PT	23	KERKESNER FTX NO PT	24 complete designated course. IMP- IMPROVEMENT ME - MUSCLE ENDURANCE MS - MUSCLE STRENGTH
	28	29 KERKESNER FTX NO PT	30		NOTE: IF YOU ARE UN- FAMILIAR WITH AN EXERCISE ROUTINE INDICATED. SEE THE DRAFT PT MANUAL, FM 3- 25-20, FM 21-20